

Date: February 26, 2008 General Law Committee Public Hearing

**To: Representative Christopher Stone
Senator Thomas Colapietro
General Law Committee**

From: Chris Barrett, East Lyme

**Re: Testimony in support of HB 5503 An Act Requiring Automatic External
Defibrillators in Health Clubs**

This device will save lives! The AED is now a simple device, and as with most techno- gadgets it has also come down in price. Therefore mandating it will not place a hardship on any health clubs.

Personally, I do not care for mandates in general. But when they make sense, then I change my mind.

If one thinks for a moment, one realizes that many mandates surround us. Seat belts in cars, and air-bags, child seats for the very young come to mind. We hope we never need these, but the time to place one is before the moment of an accident. Likewise we call before we dig, and the pills we take have child proof caps, all for prevention. An AED hanging on the wall at health club is pretty much the same. It is there just in case. Why Lyme Shores bought one was a no brainer, as of today it has been there for 15 or so months, and has not been used, which suits me fine.

The first minutes of heart attack, if the heart is out of rhythm, it can be shocked back into beating in the proper way. However if too much time does go by, then death is the outcome. Despite the attempt of an EMT or paramedic, if they do not get there in time, they can not do anything to prevent this outcome, as the first few minutes are the ones that count.

Baby boomers are getting older. They have had a history of eating too many cheeseburgers, and pizzas, and when they have decided to get rid of a few extra pounds, many times they join a health club to do so. They are as the doc's would say, at risk. This risk can not be assessed easily. But, were one of them to go down with a heart attack, these devices, may save that life, if used in the first few minutes.

My guess is that were someone in the room right now to suffer a heart attack, the Capitol Police would have an AED to help get that person to the hospital. All planes now have them, as they were mandated by the FAA. Why should a plane have an AED and not a health club? I am not a doctor, however I think your risk for a heart attack, is higher while trying to lose a few unwanted pounds by intense exercise, than sitting in an airplane.

So, despite my dislike of the government telling you what to do for your own good, these devices will save lives. Ignoring this technological advance is turning your back on the idea of saving a life, and that is why we bought one for Lyme Shores, as we felt we could not do that.

Thank you for your time, and thank you Rep. Jutila.